

Living with Dementia



DIGBY AND AREA SENIORS' SAFETY PROGRAM

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What is dementia?

The term "dementia" refers to a set of symptoms that are caused by disorders that affect the brain. These are a few:

Alzheimer's Disease is the most common form of dementia. Memory loss, difficulty thinking, problem solving, changes in mood and behaviors. It affects the entire brain.

Frontal Temporal Dementia affects these specific lobes in your brain. Changes in personality and behavior are noticed.

Vascular Dementia is caused by damage to the brain, like a stroke or shortage of oxygen to brain cells.

How do I get a diagnosis?

It's important to rule out any other illness such as infection and other treatable conditions. Your family doctor or collaborative practice clinic can do that. Then a referral for memory tests and assessments will help you and your family come up with a plan. People can live very well with dementia and still enjoy a full and social life.

Supports for families and loved ones

- Talk about planning for the future. Arrange for a power of attorney for legal and financial assistance and substitute decision maker for health directives.
- Educate yourself on the disease and its progression. Learn how to modify communication styles, possible challenges like driving or wandering, changes in your loved ones personality.
- Call the alzheimers@asns.ca 1-800-611-6345 in Nova Scotia. They have a wealth of help and resources and can connect you with support, information and direction and will listen during your journey.
- Join a support group either online or in person. In Digby area Caregivers Nova Scotia has support group once a month valley@caregiversNS.org or phone 1-902-680-8706.
- Call Dawn at Seniors' Safety Program 902-308-0544.

Feeling Forgetful?

Write things down
Keep a calendar or a note pad rather than many little notes.

Put your things in the same spots; keys and wallet, glasses, etc. If you use a different spot, look where it is and say that spot out loud.

Listen closely when someone speaks.
Speak to them in quiet places with minimal noise and distractions.

Hearing health is one of the primary issues for dementia care.
Careful diet selection and exercise are very important, too.

Social activity outside of your house with others stimulates your brain and prevents isolation and feelings of being alone.

Enjoy nature, phone some friends, write letters and laugh.

DIGBY AREA RECREATION NEWS



REGISTRATION NOW OPEN

[HTTPS://RACEROSTER.COM/EVENTS/2024/89087/2024-DIGBY-SCALLOP-DAYS-FUN-RUN](https://raceroster.com/events/2024/89087/2024-DIGBY-SCALLOP-DAYS-FUN-RUN)

10 KM RUN
5 KM RUN/WALK; CHILDREN AND YOUTH 2KM

FRIDAY AUGUST 9, 2024
RACE STARTS AT 7:00 PM
DIGBY VISITOR CENTRE (237 SHORE ROAD)

Digby Area Recreation Commission offers the Lifesaving Society's Swim For Life program at the Digby Pool during the months of July and August! The Swim for Life program is the Lifesaving Society's learn-to-swim program that develops solid swimming strokes and skills, and valuable Water Smart® education that will last a lifetime.

2024 Sessions:

Session 1 : July 2-12

Session 2: July 15-26

Session 3: July 29-August 9

Session 4: August 12-23

Groups lessons are a two week block, Monday to Friday. The fee is \$55.00 & HST per child, per session.

Digby Area Recreation Trail Challenge

Participation is easy! Pick up or download a copy of the challenge pamphlet, pick and complete your challenge and submit your photo. Once your submission has been verified, you will be awarded your trail badge. There are five trail badges you can collect; VanTassell Lake Trails, Acacia Valley Trails, Gulliver Cove Trail, Balancing Rock Trail and Storybook Trail.

Dance to the 60's & 70's hits with DJ Mad Dadz

55+ Dance



Friday, June 14, 2024 7:30-11:00 PM
Digby Curling Centre



Admission: \$10

Prizes for best dressed!

Summer means lots of time in the great outdoors, making memories with friends old and new, learning and trying new things, and having a blast at camp! Our **Summer Day Camp** offers youth ages 5-12 a chance to participate in a variety of fun-filled activities like swimming, arts and crafts, sports, games, and engage in outings in the community. Summer Day Camp is Monday through Friday, 8:30AM-4:30PM. Cost is \$125.00 plus H.S.T. per child, per week.

2024 Summer Day Camp Schedule:

Week 1 - July 2-5 - Silly Scientist

Week 2 - July 8-12 - Hometown Hero

Week 3 - July 15-19 - Camp Rock

Week 4 - July 22-26 - Wonderful World of Disney

Week 5 - July 29-August 2 - DARC Olympics

Week 6 - August 6-9 - Crazy Carnival

Week 7 - August 12-16 - Harry Potter Camp

Week 8- August 19-23 - The Great Detective

2024 Specialty Camp Schedule:

July 2-5 - Paddling Camp. Ages 9-12

July 8-12 - Wrestling Camp. Ages 9-12

July 8-12 : Weymouth Day Camp. Ages 5-12

July 15-19 : Islands Day Camp. Ages 5-12

July 15-19 - Girls Just Wanna Have Fun. Ages 12-15

July 22-26- Summer Cooking Camp. Ages 8-12

July 29-August 2 - Leadership Camp. Ages 11-15

August 6-9 - Outdoor Adventure Camp. Ages 5-12

August 12-16 - Paddling Camp. Ages 13-15

August 20-23 - Outdoor Adventure Camp. Ages 5-12

2024 ParticipACTION Community Challenge

take the pledge this June to get active, connect with others and help Digby be crowned Canada's Most Active Community and win \$100,000! Create an account through Participation, and track your physical activity.



DARC REC TEXT!

The best way to learn about Digby Area Recreation programs and events! Signing up is simple, text your first and last name to 833-447-0130

